



## Hiking/ Camping Trips

No matter if you are going on an adventure into the woods for a day hike or an extended camping trip there are some things you should always do to make sure you are safe.

\*Always, always let someone know the details of your trip. Who you are going with, where you are going, how long you plan to stay and the absolute latest you will return. This gives searchers a starting point to begin looking if no one hears from you after you are supposed to be back.

\* Carry a version of the 10 essentials for the area and season with you anytime you go into the woods. It's helpful to put these in a "stuff sack" that you can just put in your pack. Dress appropriately (layers-no cotton) and be aware of the weather.

\* Know that you cannot always rely on your cell phone in an emergency because it may not be able to get a signal. Designated wilderness areas have no cell towers. For long trips a SPOT or other Personal Locator Beacon (PLB) is recommended.

\*IF you find yourself lost, stop and back track. If you still are lost then make a decision to stay put or move to another area. With your 10 essentials you have shelter, clothing, water and food so you are equipped to wait for searchers to find you.

\* When setting up your camp/shelter always look for dead trees and set up away from these-they can fall on you.

\* Water is essential to survival, if you have no water it is better to drink untreated water than to dehydrate. Running water is best. Avoid stagnating/contaminated water. Takes 2-3 weeks for most water borne illness to start and 3 days to perish without it so drink up.

\* Always practice Leave No Trace (LNT) as you hike/camp-pack it in pack it out. Stay on established trails, disturb nothing you do not have to. Dig a cat hole for solid bodily functions at least 6 inches deep and bury. Respect where you are.

Please feel comfortable enjoying being out in God's wonderful creation!! He made it for your enjoyment and it is likely nothing will ever take place for you to need this information. However should it you will have some of the survival basics to help you stay safe.

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- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

### Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

### Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

Visit our Homepage to learn more about [Leave No Trace program](#).

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# The Leave No Trace Seven Principles

The Leave No Trace Seven Principles are the bedrock of the Leave No Trace program. They provide guidance to enjoy our natural world in a sustainable way that avoids human-created impacts. The principles have been adapted to they can be applied in your backyard or your backcountry.

## Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

## Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
  - In popular areas:
    - Concentrate use on existing trails and campsites.
    - Walk single file in the middle of the trail, even when wet or muddy.
    - Keep campsites small. Focus activity in areas where vegetation is absent.
    - In pristine areas:
      - Disperse use to prevent the creation of campsites and trails.
      - Avoid places where impacts are just beginning.

## Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

## Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

## Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.





## HEALTH & HYGIENE

- Hand sanitizer
- Menstrual products *(if needed)*
- Prescription medications *(if needed)*
- First-aid kit or supplies

### *Sun protection:*

- Sunscreen \*
- Sunglasses \* *(+ retainer leash)*
- Sun hat \*
- SPF-rated lip balm \*

### *Optional*

- Insect repellent \*
- Toilet paper
- Urinary products
- Sanitation trowel *(if no toilets)*
- Baby wipes
- Alcohol or antiseptic wipes
- Blister treatments
- \_\_\_\_\_
- \_\_\_\_\_



## DAY HIKING EXTRAS

- Headlamp or flashlight \* *(with extra batteries)*
- Camera
- Interpretive field guide(s)
- Outdoor journal/sketchbook with pen or pencil
- Binoculars
- Two-way radios
- \_\_\_\_\_
- \_\_\_\_\_

*\* These items are part of the Ten Essential systems. The exact items you take for each system can be tailored to your trip based on considerations such as weather, difficulty, duration and distance from help. To learn more, see our article on the Ten Essentials.*



# DAY HIKING CHECKLIST

This checklist is deliberately comprehensive and intended for day hikes in the backcountry where being self-sufficient is important to your well-being. The list includes many more items than you'll likely need for short treks in or near developed areas, though you can adapt it to your needs for these trips.



## HIKING GEAR

- Daypack

### Optional:

- Trekking poles
- \_\_\_\_\_



## NAVIGATION

- Map\*
- Compass\*

### Optional:

- Route description/guidebook
- Altimeter watch\*
- GPS\*
- Satellite messenger and/or personal locator beacon\*
- \_\_\_\_\_



## TOOLS & REPAIRS

- Knife or multi-tool\*
- Small gear-repair kit\*
- \_\_\_\_\_
- \_\_\_\_\_



## CLOTHING/FOOTWEAR

- Moisture-wicking underwear
- Moisture-wicking T-shirts
- Quick-drying pants/shorts
- Long-sleeve shirts (*for sun and bugs*)
- Lightweight fleece or jacket
- Boots or shoes suited to terrain
- Socks (*synthetic or wool*)
- Extra clothes\* (*beyond the minimum expectation*)

### Additional items for rainy and/or cold weather:

- Rainwear (*jacket and pants*)
- Long underwear
- Warm, insulated jacket or vest
- Fleece pants
- Gloves or mittens
- Warm hat

### Optional:

- Bandana or Buff
- Gaiters (*for rainy, snowy, or muddy conditions*)
- \_\_\_\_\_
- \_\_\_\_\_



## FOOD & WATER

- Water bottles and/or reservoir\*
- Water filter/purifier or chemical treatment\*
- Trail snacks
- Lunch
- Extra day's supply of food\*
- \_\_\_\_\_



## EMERGENCY ITEMS

- First-aid kit or supplies\*
- Lighter/matches & firestarter\*
- Emergency shelter\*
- Whistle
- Two itineraries: 1 left with friend + 1 under car seat
- \_\_\_\_\_



## PERSONAL ITEMS

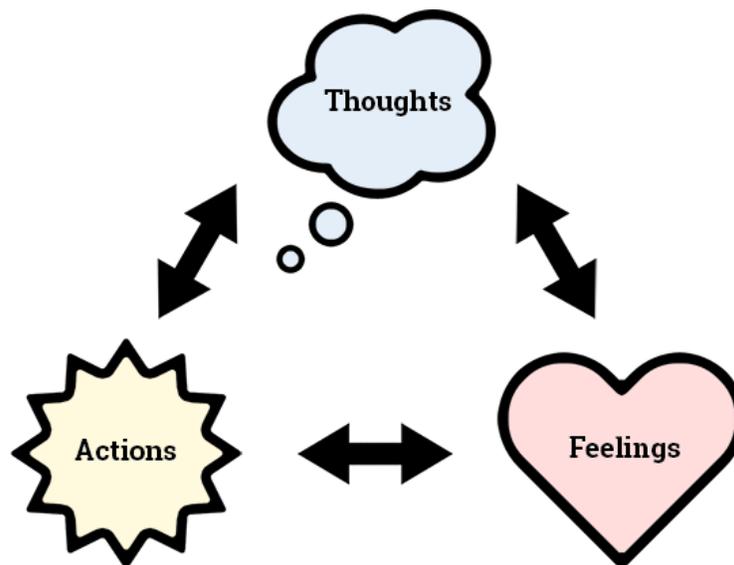
- Credit card and/or cash
- ID
- Cellphone
- \_\_\_\_\_

# Thoughts Feelings Actions

Everyone has problems, both big and small. To better solve your big problems, it helps to learn how your **thoughts**, **feelings**, and **actions** are connected.

Imagine you have an upcoming test, and you think “I’m going to fail”. Because of this thought, you start to worry. You are so worried that you feel sick just thinking about the test. Because it’s so uncomfortable, you decide not to study.

The thought (“I’m going to fail”) led to a feeling (worry), which led to an action (not studying). What might have changed if you had a different thought?



**Thoughts** are the words that run through your mind. They’re the things you tell yourself about what’s going on around you. There are many different thoughts you could have about a single situation.



**Feelings** come and go as different things happen to you. You might feel happy, angry, and sad, all in one day. Some feelings are uncomfortable, but they are not bad. Everyone has these feelings from time-to-time.



**Actions** are the things you do, or the way you behave. Your thoughts and feelings have a big impact on how you act. If you feel happy, you are likely to do nice things. But if you feel angry, you might want to act mean.

# Thoughts Feelings Actions

## What happened?

My friend Emma hasn't spoken to me as much as usual over the past week.

### My Thoughts

I thought: "Emma hasn't talked to me much this week. She must be mad at me."

Because I was upset I ignored Emma and avoided her at school.

### My Actions

I felt sad and hurt.

### My Feelings

Just because you have a thought doesn't mean it's true. Your thoughts are *guesses* about why something happened, or about something that might happen. Coming up with new thoughts will help you see a situation differently.



### New Thoughts



### New Feelings



### New Actions

	 New Thoughts	 New Feelings	 New Actions
<b>1</b>	"Emma might be upset with me, but maybe not. I don't know."	Concerned that Emma <i>might</i> be upset, but I'm not as sad as I was.	Ask Emma if she is mad at me, or if she has another problem.
<b>2</b>	"Emma has probably been busy with school or something else."	Disappointed I haven't talked to Emma, but understanding.	I'll stay friendly with Emma, as usual. I'll be sure to say "hi" anyway.
<b>3</b>	"Maybe Emma is upset about something unrelated to me."	Worried about how Emma is feeling.	Ask Emma what's going on, and if she needs help.

# Thoughts Feelings Actions

What happened?



My Thoughts

A large, empty, light blue rounded rectangular box intended for writing thoughts.



A large, empty, light yellow rounded rectangular box intended for writing actions.



My Actions



A large, empty, light pink rounded rectangular box intended for writing feelings.



My Feelings

# Thoughts Feelings Actions



New Thoughts



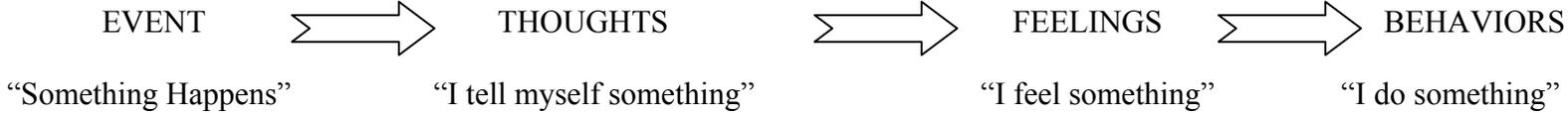
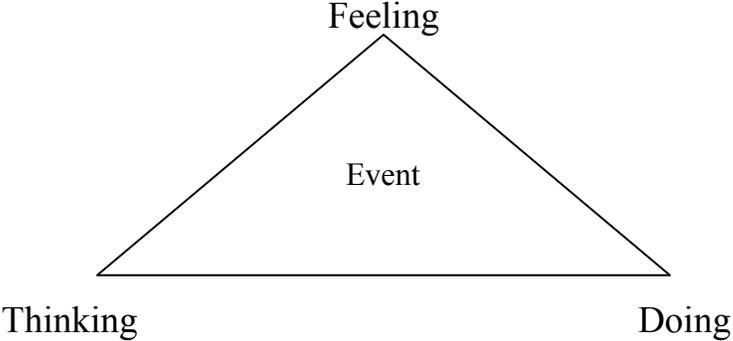
New Feelings



New Actions

1			
2			
3			

**Cognitive Triangle Worksheet**



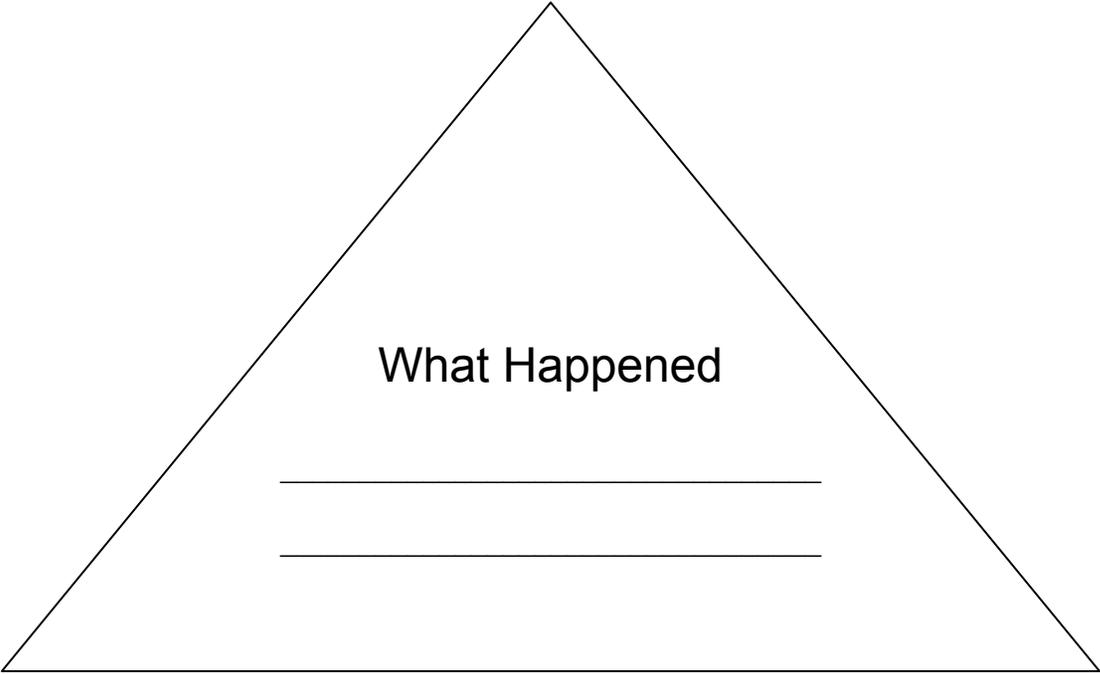
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Feeling



What Happened

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Thinking

Doing

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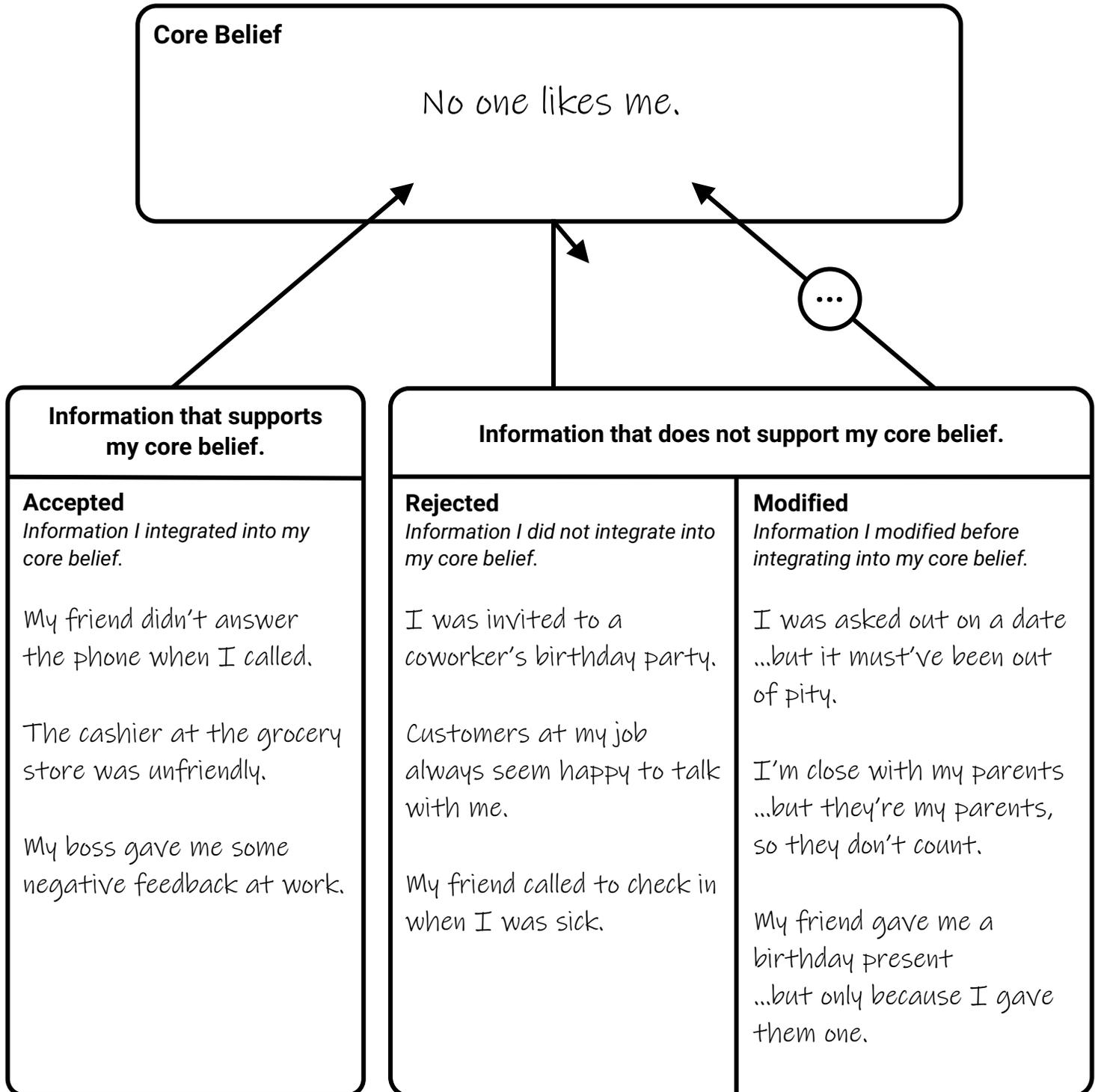


# Core Beliefs

## Examining the Evidence

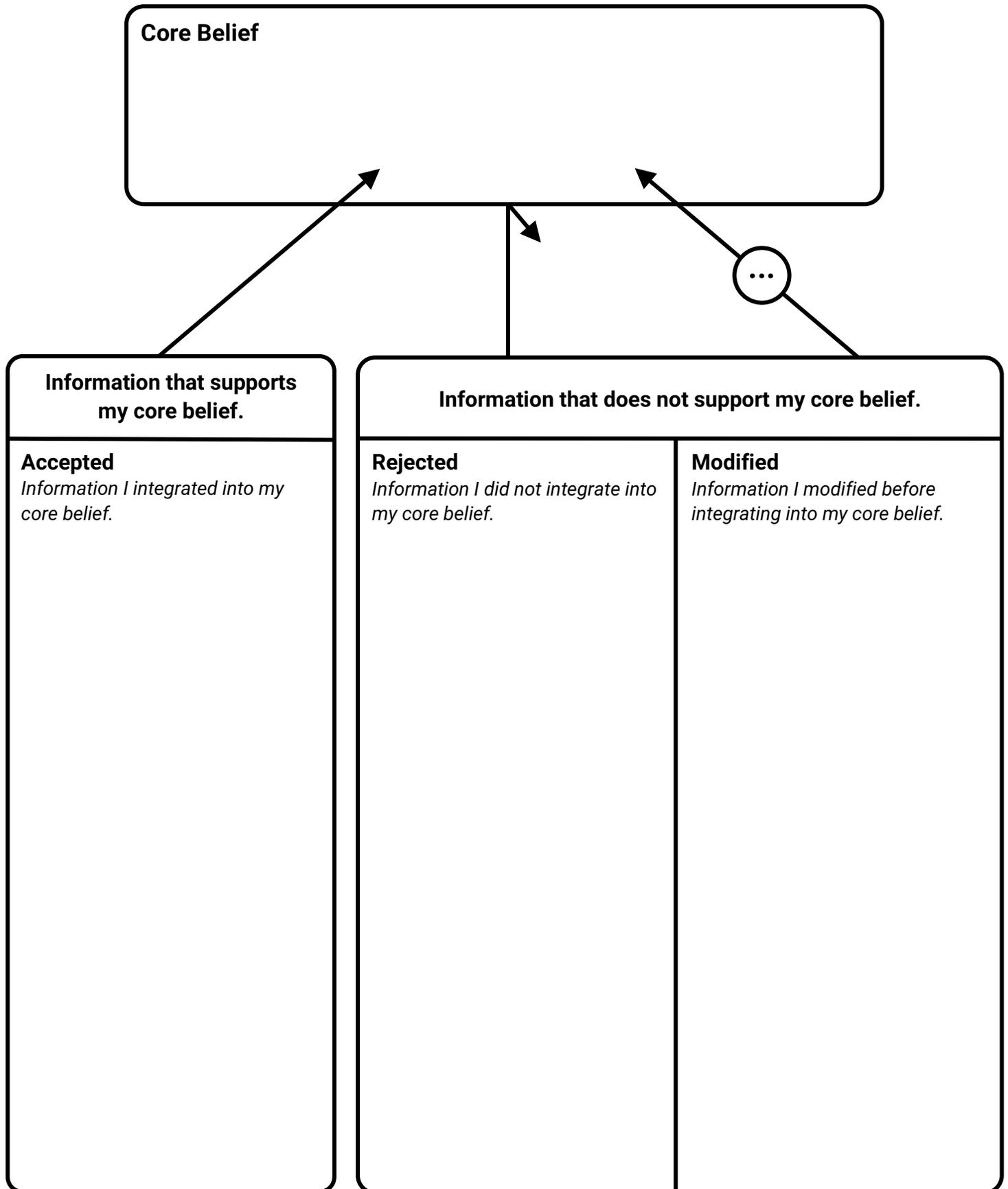
**Core beliefs** are a person's most central ideas about themselves, others, and the world. These beliefs act like a lens through which every situation and life experience is seen.

As a person has new experiences, their core beliefs may gradually change. However, some experiences have a greater impact than others. Information that *supports* a core belief is easily integrated, making the belief stronger. Information that *does not* support a belief tends to be ignored.



# Core Beliefs

## Examining the Evidence



# Decatastrophizing



**Cognitive distortions** are irrational thoughts that have the power to influence how you feel. Everyone has *some* cognitive distortions—they're a normal part of being human. However, when cognitive distortions are too plentiful or extreme, they can be harmful.

One common type of cognitive distortion is called **catastrophizing**. When catastrophizing, the importance of a problem is exaggerated, or the worst possible outcome is assumed to be true. By learning to question your own thoughts, you can correct many of these cognitive distortions.

What are you worried about?

How likely is it that your worry will come true? Give examples of past experiences, or other evidence, to support your answer.

If your worry does come true, what's the worst that could happen?

If your worry does come true, what's most likely to happen?

If your worry comes true, what are the chances you'll be okay...

In one week? \_\_\_\_\_%

In one month? \_\_\_\_\_%

In one year? \_\_\_\_\_%

## PHILIPPIANS 3:7–14 (NIV)

**7** But whatever were gains to me I now consider loss for the sake of Christ. **8** What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ **9** and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. **10** I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, **11** and so, somehow, attaining to the resurrection from the dead.

**12** Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. **13** Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, **14** I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

**TO:** The church at Philippi (a Roman colony) (Paul traveled to Philippi in Acts 16.)

**FROM:** Paul, an apostle, former Pharisee and persecutor of Christians (Paul's history - Acts 9, Phil 3)

**GENRE** (letter, poetry, story, dialogue): Letter

**WHEN:** After Paul's conversion, while Paul is in prison

**WHERE:** A Roman colony, prison

**WHY:** To encourage and instruct the Philippians

**TO:** (How does the author feel?) Determined, hopeful, changed, thankful, focused

**THEMES OF THE BOOK:** Surrender, Contentment, Trust, Courage, Citizenship

**TOPICS IN THE CHAPTERS BEFORE...** Thankful for you, suffering and the advancement of the gospel, Christ's example of humility, Paul's life before Jesus

**TOPICS IN THE CHAPTERS AFTER...** Contentment, peace, rejoicing through anything

**DIFFERENCES BETWEEN ME AND THE ORIGINALS:** prison, colony, Pharisee, persecutor

**SIMILARITIES BETWEEN ME AND THE ORIGINALS:** hardships, don't belong in the world, traditionalist, have harmed the church's reputation before, have changed since becoming a christian

**APPLICATION TO ME:** Forget what is behind me (worldly accomplishments and things that make me feel guilty) and have the single goal of heaven.

**OTHER PLACES IN THE BIBLE THAT I READ ABOUT THIS PRINCIPLE:** 2 Corinthians 5:9 (our goal), Colossians 2:2 (knowing Christ)

# Before you read

## Context check

TO/ABOUT:

FROM/AUTHOR:

RELATIONSHIP/HISTORY BETWEEN THE AUTHOR AND AUDIENCE:

GENRE (letter, poetry, story, dialogue):

WHEN (on the big Bible timeline):

WHERE:

WHY/PURPOSE:

THEMES OF THE BOOK:

TOPICS IN THE CHAPTERS BEFORE THIS TEXT –

TOPICS IN THE CHAPTERS AFTER THIS TEXT –

WHAT ARE DIFFERENCES/SIMILARITIES BETWEEN ME AND THE ORIGINAL AUDIENCE?

(Time, society, relationships, government, gender status, marital customs, food customs, etc.)

# While you're reading

**Make observations.** WHAT IS THE TEXT ACTUALLY SAYING?

TO NE OF THE AUTHOR IN THIS PASSAGE (How does the author feel?)

QUESTIONS I HAVE ABOUT THE TEXT:

COMPARISONS/CONTRASTS:

REPEATED WORDS/PHRASES:

SIMILES/METAPHORS/WORD PICTURES:

STRONG VERBS:

COMMANDS:

# After you've read

**Reflect & make applications.**

GENERAL PRINCIPLE

PRACTICAL APPLICATION OF THIS PRINCIPLE TO ME:

OTHER PLACES IN THE BIBLE THAT I READ ABOUT THIS PRINCIPLE:

REFLECTION AND PRAYER BASED ON TODAY'S BIBLE STUDY:

HOW DOES THIS TEXT MAKE ME FEEL?

DOES THIS TEXT CHANGE THE WAY I THINK ABOUT ANYTHING?

WHAT DO I NEED TO DO OR CHANGE BASED ON WHAT GOD HAS SAID IN THIS TEXT?

MEMORY VERSE:

# DISCOVER YOUR BIBLE

## STUDY TYPE

(KRISTI BURLESON)

### **The Distracted Daughter** "Squirrel!"

Biggest study downfall: Having a a distracting to-do list of good intentions, so she can't shut off her brain to focus on God's words in front of her

Tips: Use a paper Bible, put phone on Do Not Disturb during study time, and find a study location by yourself. Set a timer to define your study time.

### **The Deep-End Diver** "Go deep, or go home."

Biggest study downfall: Feels like she must devote intense study to a particular subject or not study at all. Fears not having time to complete an in-depth study that she begins

Tips: Try studying smaller passages at a time & implementing simple, stress-free reading days. Try reading your Bible throughout the day.

### **The Perfectionist** "Do it right, or don't do it at all."

Biggest study downfall: Requires all the fancy pens, Bibles, resources, hot tea, and Jesus music to be in place to feel like she benefits from studying God's word or is doing it correctly

Tips: Try reading your Bible throughout the day in different settings and implementing different study strategies on different days to change it up.

### **The Impulsive Imaginator** "Okay, let's go!"

Biggest study downfall: A quick Bible study time begins and then her imagination is sparked by something she reads, and she creatively begins to channel her energy toward another fleeting project.

Tips: Try creating a study plan to follow or studying with a partner.



## resources

### **Books for Everyone:**

- *You are a Theologian* (Ben Gieselbach)
- *Always Be Ready* (Kyle Butt)
- Study Bible (Apologetics Press)
- Journaling Bible
- Interleaf Bible
- Readers Bible

### **Devotional books:**

- *From the Inside Out* (Robin Shelton)
- *Live or Die* (JL Gerhardt)
- The Daily Grace Company
- *One Word* (Cecil May)
- *Prayer in Practice* (JL Gerhardt)
- *The Shadow of the Cross* (Cassandra Martin)
- *Sweet Speak* (Elizabeth Jimenez)

### **Apps & Websites:**

- Bible Gateway
- YouVersion
- Bible Hub
- Bible KJV Strong's Concordance
- comeillyourcup.com
- jlgerhardt.squarespace.com
- The Colley House (Digging Deep)
- *Finding Him* pdf (Rebekah Colley)
- Online sermons (YouTube)

When you're ready for more:

- *Spiritual Disciplines for the Christian Life* (Donald Whitney)
- *Praying the Bible* (Donald Whitney)
- *Grasping God's Word* (J. Scott Duvall and J. Daniel Hays)

### **People**

Kristen Collie (256) 656-6063

Girls Day 2020  
Prepared by God  
Meridianville church of Christ

Oh Lord,  
prepare me  
spiritually

"God blesses those who  
hunger and thirst for  
righteousness, for they  
will be satisfied" - Jesus  
Matthew 5:6

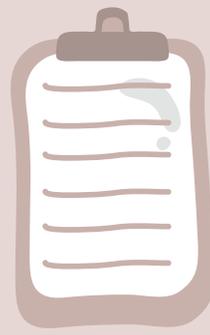
# first things first

## THINGS TO DO TODAY TO GET YOUR SPIRITUAL JOURNEY ON TRACK

- Define your why.
- Set your SMART spiritual goals
  - Make your goals specific, measurable, achievable, realistic, and timely
  - Set reminders on your phone
- Figure out what study style works best for you. What is your Bible study "type"?
- Stop procrastinating,, and just do it.
- Remove expectations of perfection.
- Find someone to keep you accountable.

# some days it's hard

- Remember your goals
- Pray to hunger and thirst for righteousness
- Change it up for the day
  - Read narrative (1 Samuel, Mark, Genesis)
  - Pair a devotional book
  - Pray the Psalms
  - Memorize and meditate
  - Listen to the Bible on audio (YouVersion)
- Remember quality is better than quantity
- Make it pretty (candles, hot tea, blankets)
- Start reading Psalm 119
- Study anyway



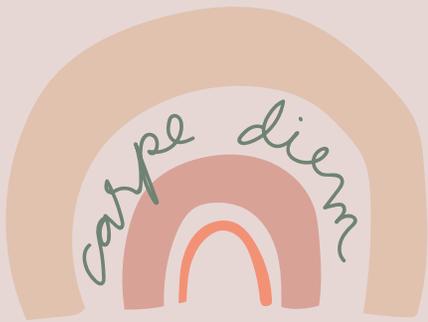
# starter step-by-step method

1. Just *do* it
2. *Pray* for your attitude and study time (1 Sam 3:10)
3. *Observe*
  - Pay attention in English class
  - Determine if what you're reading is poetry, history, a story, a legal document or a letter
  - Pay attention to verbs, who is talking, word pictures, transition words (but, therefore, for, etc), and repeated words and phrases.
  - Annotate the text. Figure out what the text is actually saying before you apply it.
  - Ask questions as you study
  - Pay attention to the original author/audience and differences and similarities between us and them and then and now.
4. *Remember* (Joshua 1:8, Psalm 1)
  - Spend time meditating on what you've studied. Review it tomorrow.
  - Put it into practice.
  - Find other places in the Bible that talk about similar themes.
5. Pray to *apply* and *take action* (Psalm 51)
6. *Talk* about it. (2 Timothy 2:15)
7. *Stay* motivated (Philippians 3:12-14)
8. *Repeat* (2 Peter 1:5-11)

Never stop preparing yourself for eternity.

# dos and donts

- DO start with James, John (the Gospels), Psalms, and Acts.
- DON'T start with the prophets, Leviticus, Deuteronomy, Revelation, Hebrews, or Romans.
- DO consider historical and cultural contexts
- DON'T forget about the text around the passage you're studying.
- DO put up your technology while you're studying if it distracts you
- DON'T multi-task. God deserves your full attention when He speaks.
- DO study even when you don't feel like it
- DON'T put off growing as a Bible student.
- DO find an accountability partner.
- DON'T be afraid or embarrassed to ask for help.
- DO compare *multiple* translations (ESV, NET, NASB, NIV 2011, CSB, NLT) that you can understand
- DON'T believe everything you read from sources outside the Bible.
- DO go to the Bible to discover something, not to prove something.
- DON'T depend solely on devos, your parents, or your minister to prepare you spiritually.
- DO use resources from people who think differently from how you've always thought, but always compare what they say to what God says
- DON'T replace devotionals or devotional books for time in God's word
- DO track your Bible study habits for accountability and encouragement
- DON'T pay too much attention to chapter and verse divisions



# Breathing Exercises

## Four In, Four Out Slow Belly Breathing

1. Close your eyes.
2. Breathe through your nose.
3. Deliberately slow your breathing down.
4. Breathe from your relaxed belly.
5. Keep your breaths smooth, steady, and continuous.
6. Breathe in while counting slowly "1-2-3-4."
7. Pause.
8. Breathe out while counting slowly "1-2-3-4."
9. Pause.

## Whole Body Muscle Tensing and Relaxing

1. Take a very deep breath in with your mouth open; fill your lungs up.
2. Hold your breath.
3. Tense muscles all over your body.
4. Count 5-10 seconds.
5. Let go of all the tension in your muscles and slowly let your breath out.

## 4-4-4-4 Breathing

1. Breathe in while counting to 4. Make it a deep, belly breath.
2. Hold your Breath while counting to 4.
3. Breathe out while counting to 4.
4. Hold your Breath while counting to 4.
5. Do this sequence 2 more times.

## 4-6-4-6 Breathing

1. Breath in for a count of 4.
2. Hold for a count of 6.
3. Breathe out for a count of 4.
4. Hold for a count of 6.

## The Sigh

1. Breath in.
2. When you breath out, open your mouth and let the air out so you hear the sound of the air releasing, a soft sigh sound.
3. As you let the air out, relax your shoulders, neck and other muscles and let go, like you're melting.

## Buteyko Small Breath Holds

1. With your mouth closed, take a small, but calm and relaxed, breath in.
2. Take a small breath out.
3. Hold your nose closed with your hand.
4. Hold for a count of 5.
5. Release.
6. Gentle, soft breathing in-between sets.
7. Tongue rests at the roof of the mouth; Teeth slightly apart; jaw relaxed; Drop shoulders; relax chest and belly; Relax facial muscles.

## Alternate Nostril Breathing

1. Close the right nostril with your right thumb. Then inhale slowly through your left nostril.
2. Then close the left nostril with your right index finger and open the right nostril by removing the right thumb. Exhale very slowly through the right nostril.
3. Then draw the air through the right nostril as long as you can do it with comfort and exhale through the left nostril by removing the right index finger.
4. This is one round. Do 12 rounds.
5. Breathing in and out should be as slow, soft, steady and long as possible. But don't force.

## 4-7-8 Breathing

1. Exhale all the air out through your mouth.
2. Curl the tip of your tongue up to touch the hard ridge behind your upper front teeth and hold it there for the duration of the exercise.
3. Close your mouth and inhale through your nose for a count of 4. Don't force it, but take a good breath as this has to last for the next 15 counts.
4. Hold your breath for a count of 7.
5. Open your mouth and exhale through your mouth (still pressing the tip of your tongue to the hard ridge behind your upper front teeth) for a count 8. of You will make a sound as the air moves around your tongue. You may want to purse your lips if this helps you to direct the flow of your exhalation.
6. Repeat 4 times.

(instructions written by madlyinlovewithlife.com)

## The Complete Breath

1. First, inhale completely at the abdomen.
2. Continue to inhale by filling in the mid-section, the area of the diaphragm.
3. Continue to inhale by filling the chest, allowing the upper chest and the shoulders to rise.
4. Then systematically release and empty from the upper portion, then the mid-section, and finally empty completely at the abdomen.

(www.swamij.com)

## Relearn How To Breathe (Don Campbell)

1. Inhale deeply
2. Exhale with a short burst (as if blowing out a candle). This helps activate your diaphragm.
3. Exhale with a long, slow finish to empty the lungs. Breathlessness is from not expelling enough CO2.
4. Inhale, filling your lungs from the bottom to the top, instead of taking short sips. Most use a third of their lung capacity.
5. Hold for a moment to allow oxygen to saturate the cells.
6. Exhale slowly and completely.
7. Repeat steps 4 through 6 for five minutes.
8. Do this exercise five times a day

## Unhelpful Thinking Styles

### All or nothing thinking



Sometimes called 'black and white thinking'

*If I'm not perfect I have failed*

*Either I do it right or not at all*

### Over-generalising

*"everything is always rubbish"*  
*"nothing good ever happens"*

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

### Mental filter



Only paying attention to certain types of evidence.

*Noticing our failures but not seeing our successes*

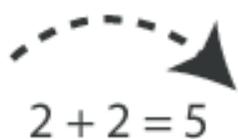
### Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

*That doesn't count*

### Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

### Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

### Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

*I feel embarrassed so I must be an idiot*

**should**  
**must**

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

### Labelling



Assigning labels to ourselves or other people

*I'm a loser*  
*I'm completely useless*  
*They're such an idiot*

### Personalisation

**"this is my fault"**

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

# What Could Happen vs. What Will Happen

When you are worried about something, it's easy to imagine the worst thing that could possibly happen. In reality, these worries may never come true. What **could happen** isn't the same as what **will happen**.

 **What is something you are worried about?**

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Thinking about what **will happen**, instead of what **could happen**, can help you worry less. Whenever you start to worry, answer these questions:

 **What are some clues that your worry will *not* come true?**

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 **If your worry *does not* come true, what will probably happen instead?**

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 **If your worry *does* come true, how will you handle it? Will you eventually be okay?**

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 **After answering these questions, how has your worry changed?**

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